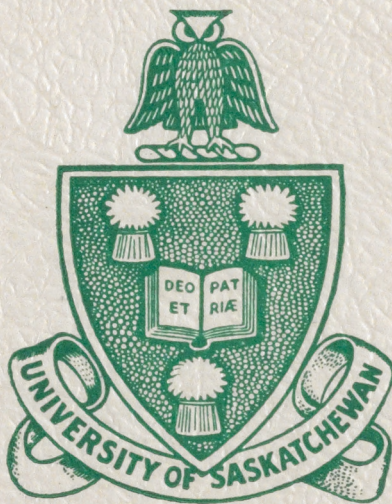


SASKETTE



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SASKETTE

1954-55



Sponsored by

The Women's Athletic Board
University of Saskatchewan, Saskatoon, Sask.

The Penticton Sports Club

Women's Intramural Athletic Bd.

WELCOME to Varsity!

To you who have just begun University life—a hearty welcome!
The years which lie just ahead of you are likely to become the most important of your lives—make the most of them.

You have already indicated a cultural urge by your determination to attend college. From now on there will be a lot of hard work. A degree from an outstanding University, like most possessions of value, is obtained only as a result of conscientious, intelligent effort.

You will benefit from your social relationships and extracurricular activities. They will provide a pleasurable and broadening influence.

As you probably know by now every woman student belongs automatically to the Pente Kai Deka Sorority, the only sorority on our campus. The P.K.D. Council organizes and promotes all activities for women students with the exception of those carried on by the W.A.B. and W.I.A.B. The Pente Kai Deka, meaning five and ten, was organized many years ago when there were only fifteen girls on the campus. Later, as more girls became members, it was recognized as a club and had a representative on the S.R.C. Now, it is recognized as a regular directorate under the S.R.C. and the President of the P.K.D. is automatically the Vice-President of the S.R.C.

The work of the P.K.D. is organized by means of the P.K.D. Council consisting of representatives from the various colleges. The members of the 1954-55 Council elected so far are:

DOREEN CHERRY	President W.A.B.
LOUISE BARTON	President W.A.S.A.
DORELL RIDLEY	President Saskatchewan Hall
PEG. WARNER	President Home Economics
NORINE ELGERT	Lab. Techs.
MARG DUNHAM	Commerce
MARCIA GOLDIE	Arts and Science
MARNIE PATRICK	Arts and Science
LOTTIE ZIOLKOWSKI	S.T.M.
ZORIA ORTYNSKY	Pharmacy
ZVADELLE TREW	Education
NAN VICQ	Home Economics

Several functions are sponsored by the P.K.D. during the year. The first function of the P.K.D. is to help acquaint the freshettes with all aspects of university life. Each former student adopts a

freshette or "little sister" whom she introduces to her friends and to whom the little sister can go for help and advice. To start the ball rolling our sorority sponsors the Big Sister-Little Sister Banquet and Dance to be held this year on October 15th. At this function the Little Sisters are the honored guests and are dined and danced as guests of their "Big Sisters".

Later on, on January 28th, the P.K.D. will sponsor its annual "June in January" dance, always one of the highlights of the social calendar. This is your chance to bring out your frothiest summer dress and summer sandals—you will want to remember to dig them out of storage when you are home at Christmas.

The P.K.D. Christmas fund-raising campaign and the P.K.D. Spring Tea are events which you will hear more about later on in the year.

In closing I would like to remind you that the P.K.D. is your sorority—it needs your support. The success of its undertakings this year will depend largely on your interest and participation.

CORINNE CRAM, President of P.K.D.



Women's Athletic Board

The Women's Athletic Board directs and promotes intervarsity sport on the campus. The Board is financed by a portion of the Students' fees paid upon entering Varsity.

The W.A.B. consists of an Honorary President, three faculty members, two alumni members, and seven student members. These student members aren't necessarily athletes. Girls can apply each spring for a position on the W.A.B. for the following year.

The intervarsity sports handled by the W.A.B. are Basketball, Volleyball, Swimming, Skating, Curling, Tennis, Golf, Badminton and Fencing. There is also a cross-Canada telegraphic bowling competition. The teams bowl at home and the scores are telegraphed to head-quarters in Edmonton.

How do you go about getting on an intervarsity team? Try-outs are held for sport, and then the team is picked from those who try out. Every girl on the campus has the right to try out for any team they wish. These various teams all have a coach who aides the girls and teaches them many things about the sport. You will often find the coach will choose a girl because she has potential ability, and is sincerely interested in the sport, and in improving her ability. So, if you are interested in any particular sport be sure you come out. Don't feel you have to be a star athlete, remember it takes more than stars to make a team. The try-outs are advertised in the Sheaf and notices are posted on the bulletin board at Sask. Hall and at the Gym. Therefore, there is no excuse for anyone not trying out for an intervarsity team if they want to. Even if you don't make the team the practicing and help you get when trying out will help later, because there is also the intra-mural league which is just as, if not more, important.

The managers for these teams are chosen in the spring of every year. Applications are called for and then one is elected to manage each team. To be a manager doesn't require any athletic ability, only interest, and, if, when applications are called for, for the following year, you feel you would like to manage a team, just apply at the Physical Education office.

These teams compete with the Varsity teams from Alberta and Manitoba during week-ends called Sports Week-ends. These week-ends are held alternately at the three Universities during the year. To travel on a sports week-end is a treat, and a wonderful experience. On these trips all expenses are paid by the W.A.B.

During these week-ends good sportsmanship is of utmost importance with the will to win right behind. Apart from this everyone gains friendship and a great many ideas from the other girls. There are so many other things you can acquire from a sports week-end that even the losers may feel they are winners.

The University athletic awards for the women are also presented by the W.A.B. The minor award is a chenille block "S". This is acquired after you have played on two intervarsity teams. The major award is a wooden shield with silver crests on it which name the teams you have played on. This award is given to those who have played on six intervarsity teams. Anyone winning either one of these awards can be justly proud of it, and they are definitely worth aiming for.

The most important award given away each year is the "Spirit of Youth Trophy". This award was donated by Miss Cartwright, one time head of the Women's Physical Education Department. It is presented each year to the most outstanding girl on the campus. To be eligible for this award a girl must be in her graduating year or have a degree. The winner of the award is picked by a committee which consists of the President of the University, the head of the Women's Physical Education Department, the incoming Presidents of the W.A.B. and P.K.D. and one other faculty representative. The nominees for the award are handed in either by the other female students or by the Presidents of the various colleges. The qualities the winner must have, as set by Miss Cartright, include, among many, such ones as leadership, sportsmanship, and academic ability. From this you can see that anyone who wins the "Spirit of Youth" must be an outstanding person in every way.

In closing I would like once more to remind you that the Women's Athletic Board isn't primarily concerned with athletes, but with all the girls who are interested in any phase of athletics—playing, managing a team, refereeing, or sports writing. Activities are planned for the majority not just a few who are outstanding.

We are looking forward to a big year next year so let's see lots of enthusiasm and support. We'll be seeing you out at the Gym.

DOREEN CHERRY,

President of the W.A.B.



Women's Intra-Mural Sports:

WHAT ARE INTRA-MURAL SPORTS?

Intra-mural sports are those sports played competitively between the Colleges. Enthusiasm and desire to participate in these sports are encouraged rather than a display of skill or ability. **What can you gain from participating in at least one sport?**

1. Meet new friends.
2. Relaxation from studies.
3. Build college spirit.
4. Healthy competition.

HOW CAN YOU ENTER THESE SPORTS:

Each college has elected an Athletic representative who is a member of the Women's Intra-mural Athletic Board. The aim of this board is to encourage each woman student on the campus to participate in **at least** one sport. Managers of each sport are elected and they draw up and guide game schedules. Before each sport begins the managers report all the details of the games and practices to the W.I.A.B. and each Athletic rep. notifies her college. If you don't hear from your Athletic rep., watch for sports notices in the Sheaf, on the W.I.A.B. Bulletin Board in Sask. Hall and the Gym or inquire at the Physical Education Office in the Gym.

WHEN DO THESE SPORTS BEGIN?

October 2—Sports on the University campus will begin in the form of a massive sports "Play day" in which groups of men and women will participate in team games such as "Giant Volleyball" and "Balloon Battle". It's a lot of fun, especially for the participants!! **Remember that date!**

The first term (September to December) will include Basketball, Tennis, Golf, Swimming, and Curling.

Tennis and Golf will be run off before the snow falls.

If your reaction is "But, I don't play Basketball very well"—then come along to basketball school.

When? The first week in October.

Who? Anyone interested.

Where? University Gym.

The Basketball League will be completed in the first term.

There will be one Swim Meet in this term and you may practice during the Women's Free Swim Period in Qu'Appelle Hall pool. Swimming time is posted on the bulletin board in Qu'Appelle Hall in the Gym.

Curling will begin as soon as weather permits putting ice in Rutherford Rink (next to the Engineering building).

The second term (January to April) includes Volleyball, Swimming, Badminton, Hockey, Figure Skating and Fencing.

From this large variety of sports why not play your favorite one and learn a new one?

Intra-mural sports do not put the emphasis on athletic ability but on participation. At the end of each year a High Point Trophy is given to the college having the largest number of points. Every college that meets its participation quota for each sport receives fifty percent of these points. The other fifty percent are awarded for the position each team ends up in at the end of the league and playoffs. The college with the largest number of participants for its size usually finds itself carrying off the high point trophy. Therefore, everyone is more than welcome to participate in every sport. Don't feel you aren't good enough, even if you've never played before. There is a team in every college for the beginner and the experienced. **Be sure to come out and support your college.** Let's make the competition for the High Point Trophy a real battle this year.

SANDRA HAY,

President of the W.I.A.B.

Clubs and Societies

CLUBS:

1. The Haultain Club.
2. Biology Club.
3. Sheaf Club.
4. Student Christian Movement.
5. International Student Club.
6. The Newman Club.
7. World University Service.
8. Inter-varsity Christian Fellowship.

SOCIETIES:

1. Alpha Omega Society.
2. Agricultural Engineering Society.
3. Chemical Society.
4. Physics Society.
5. Shuttleworth Mathematical Society.
6. "Ore Gangue" Geological Society.
7. The B'nai B'rith Hillel Foundation.
8. Varsity Christian Fellowship.

ASSOCIATIONS:

1. Alumni Association.
2. Lutheran Student Association.
3. Morton Historical Association.
4. St. Andrew's Undergraduate Association.

Hints for the Co-ed's Wardrobe

The young university woman is well-groomed. She makes a favorable impression without being conspicuous; she believes in quality rather than quantity. In general her clothes should have a clean-cut look, uncluttered by trimming; attractive, with a note of simplicity.

University clothes are easy to make or to find in ready-to-wear department stores. They should be:

1. Well-tailored—neat and should hold a press.
2. Durable—colour-fast, pre-shrunk, and hold their shape.
3. Easy to care for, free from fussy trim, cleanable at as little expense and trouble as possible.

Avoid "little-girl" dresses with ruffles, avoid wearing "date" dresses or afternoon dresses to lectures.

WARDROBE SUGGESTIONS

1 suit.

2 skirts.

1 jacket or blazer.

Several blouses and sweaters.

1 Evening Gown:

An evening gown is essential. The less elaborate type, designed with bouffant lines is most flattering to the young woman.

1 good coat:

Box style or chesterfield style is best. Wool of above average grade is more practical in the long run. Belts and fur collars are awkward for Varsity wear.

1 good dress:

A basic date dress in black, brown or in the color most becoming to you is an excellent choice. Frilly dresses are never worn to classes.

Shoes:

Loafers, sandals, date shoes, snowboots, and rubbers are needed. If one likes high heels they are appropriate for dates, not for classes.

Hat and Gloves:

Choose a simple hat and leather or fabric gloves which can be worn for both street and "dress-up" occasions.

Adequate Woollens:

Scarves, mitts, snuggies and overstockings are a necessity because of the severity of our winter.

Lingerie:

If possible have enough lingerie to be well supplied for a week at a time.

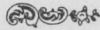
Sportswear:

If you are interested in sports, choose clothes styled for free movement and action. Clothes for sports should be considered as a major investment, and quality therefore pays for itself in the long run. For campus activities where slacks are worn, the student should remember that well tailored slacks are best and, of course, they are never worn with dressy coats or high heels.

It is wise to choose a basic color such as grey, beige, brown or any other suitable shade for your large clothing items. The suit should harmonize with the topcoat. One that cannot be "dated" is more practical than the latest style. It can be "fluffed-up" for date purposes with the proper accessories. Separates such as blouses, scarves, sweaters and dickies, pins and simple jewellery vary the basic costume to fit the occasion.

These suggestions are considered ideal for the wardrobe of a university undergraduate. If, however, you cannot get all at once, the list will at least serve as a guide for your future wardrobe planning—a wardrobe which has unity, grace, and dignity.

Should you have further interest in your wardrobe-building, much of this information was taken from "Clothing for Moderns" by Mabel D. Erwin, through the courtesy of the Macmillan Company of Canada Ltd., Toronto.



ETIQUETTE - For Happier Living

"He who has good manners is unself-conscious in the observance of etiquette, the precepts of which must be so thoroughly ingrained that their observance is a matter of instinct rather than of conscious obedience."

1.—Introductions

1. Miss Smith, may I introduce Mr. Jones.
The gentleman is introduced to the lady.
2. Mrs. Smith, may I introduce Miss Jean Brown.
The younger woman is introduced to the older woman.
3. A gentleman always rises when a lady enters the room and remains standing until she is seated.
A younger woman rises when an older woman enters and remains standing until the older woman is seated.
The hostess always rises when guests enter.
4. Gentlemen when introduced to each other shake hands; women may or may not.
5. In the handshake there should always be a feeling of strength and warmth.
6. A few words of explanation add a kindly touch to the introduction of a stranger.

2.—Hats and Gloves

1. A woman should always wear a hat to church.
2. The well-dressed woman wears a hat on the street.
3. A woman should wear her hat when lunching or dining in a restaurant or hotel.
4. A woman should wear her hat and gloves to an afternoon tea.
5. Gentlemen remove their gloves when shaking hands; ladies do not.
6. A gentleman in the elevator of an hotel or apartment house removes his hat when a lady enters.
7. A woman should wear gloves on all formal occasions and should not remove them except when food is served.

3.—At the table

1. Before a slice of bread is buttered at a meal the bread is broken into two or three small pieces.
 2. No liquid is put into the mouth while food is still in the mouth.
 3. Salts and Peppers are passed separately.
 4. Avoid putting elbows on the table.
- The knife and fork are placed closely beside each other on the dinner plate when the course is finished.

4.—The Receiving Line

1. Invitation issued by the girl.
The girl's escort is introduced by the girl to the person standing first in the receiving line.

Miss Brown, may I introduce Mr. Bob Hammond—and I am Mary Davidson. Mary shakes hands with Lois Brown; then Bob, who is slightly behind and to the left of Mary, shakes hands with Miss Brown.

Miss Brown introduces, first Miss Mary Davidson and then Mr. Bob Hammond, to the person next in the receiving line. Mary shakes hands and says, "How do you do, Miss Rymer." Bob follows in same fashion—right down the line.

2. Invitation issued by the gentleman.

Miss Brown, may I introduce Miss Mary Davidson—and I am Bob Hammond. Then same procedure as in 1.

3. At a tea where the girl is unaccompanied.

Miss Brown, I am Mary Davidson. Shake hands as in 1.

5.—The Formal Dinner

1. The lady is seated on the gentleman's right.
2. The fork in front of the dinner-plate position is for the seafood cocktail; or the spoon in the same position is for the fruit cocktail.
3. The order for the use of the cutlery is from the outside of each particular kind to the inside.
4. When the meal is over the serviette, unfolded, is placed on the table.
5. If there is a Toast list:
 - (1) the chairman is addressed as Mr. Toastmaster or Madam Toastmistress;
 - (2) there is no smoking before the Toast to the Queen;
 - (3) the Toast to the Queen is always the first Toast.

One accepted way for proposing this toast is as follows:

Mr. Toastmaster rises and says,

"Ladies and Gentlemen—the Queen."

Those assembled rise and stand at attention until one verse of God Save the Queen has been played. Mr. Toastmaster then lifts and raises his glass at the same time saying, "The Queen." The others do likewise. The Toast is drunk without any clinking of glasses.

6.—Notes and Invitations

1. A note of thanks is sent to your host and hostess for a happy week-end (or for any happy occasion).
2. A note of thanks is sent to the guest speaker of the club.
3. A semi-formal note is sent to one whom you are asking to be a patroness.
4. The answer to a formal invitation should be in the wording of the invitation.
5. R.S.V.P. on an invitation means a written reply is requested.
6. A card should be enclosed with a corsage or bouquet.
(Use white or off-white notepaper for all semi-formal or formal correspondence.

7.—Suggestions for Notes, Invitations, Replies

Note: The notes and invitations below are **hand-written**.

1. Dear Mr. and Mrs. Brown:

May I once again say "Many Thanks" for a delightful week-end. Meeting your friends was most enjoyable; your two boys are such good fun; and both of you are so kind and thoughtful.

For a long time to come I shall re-live the happy time we had.

Gratefully yours,
Jean Stewart

2. Dear Miss Carter:

On behalf of the Club I should like to express to you our grateful thanks for your interesting and inspirational talk last Wednesday. You have left with us a number of ideas upon which we shall work, ideas which we know will bring new life to our club members and to our club efforts.

Perhaps in the not-too-distant future you will find it possible to make a return visit.

Very sincerely yours,
Edith Whittaker,
Secretary

3. Dear Mrs. Gorman:

The members of the Education Undergraduate Society would be honoured if you would be a patroness at their Graduation Dinner and Dance to be held in the Recreation Centre on Wednesday, March the eighteenth, at six-thirty o'clock.

Very sincerely yours,
Frederick Hamilton,
Secretary, Class '53

4. Card for corsage to Mrs. Gorman.

We hope you will have a happy time this evening.

Sincerely,
Class '53

5. (a) This invitation is usually printed:

Mr. and Mrs. Clarence Whitelaw
request the honour of your presence
at the marriage of their daughter
Madeleine

to

Mr. Ross Johnstone

on

Wednesday, the twenty-fifth of November
nineteen hundred and fifty-three
at eight o'clock

Church of All Saints

Bridgenorth, New Hampshire

Reception following
Grosvenor Hotel

(b)

Miss Rosalind Dearmont
accepts with much pleasure
the kind invitation
of
Mr. and Mrs. Clarence Whitelaw
to attend the marriage of their daughter
Madeleine
to
Mr. Ross Johnstone
on
Wednesday, the twenty-fifth of November
nineteen hundred and fifty-three
at eight o'clock
Church of All Saints
Bridgenorth, New Hampshire

(c) In declining, use the words "regrets that a previous engagement prevents her accepting . . .," otherwise, same as acceptance.

(d) The formal invitation and reply:

- (i) Written in the third person.
- (ii) One addressed is mentioned in the third person.
- (iii) No heading.
- (iv) Present tense of the verb.
- (v) Date and time written in full.
- (vi) In accepting or declining exact words of invitation repeated.

8.—And Remember . . .

1. No makeup is applied when one is in a public place, nor is the hair combed.
2. A low voice carries well and delights a sensitive ear if one breathes properly and enunciates distinctly.
3. One principle that never changes is the principle that is followed by everyone who would be well dressed:

SUITABILITY

"That which is good will always remain good."



